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| Learner stage | What I should know, understand, be able to explain or do  Year 8- Contemporary |
| Exceptional Mastery (E) | I can perform the contemporary dance actions confidently and create a motif using the dance basics o develop. I can also reveal 3 style features while performing with ease and flow.  I can use dynamics to develop my motif and I can confidently use them in my performance.  I can demonstrate 3 rehearsal techniques with confidence and leadership. |
| Advancing mastery (A) | I can perform the contemporary dance actions confidently and reveal 3 style features.  I can use the contemporary dance actions to create a motif that I can perform with confidence.  I can demonstrate 3 rehearsal techniques with confidence. |
| Secure mastery (S) | I can perform the contemporary dance actions soundly and reveal at least 2 style features.  I can perform a motif that I have created with at least 3 contemporary dance actions.  I can demonstrate 3 rehearsal techniques. |
| Developing mastery (D) | I can perform the contemporary dance actions soundly and reveal at least 1 style feature.  I understand the key features of contemporary and can apply one to my work.  I can demonstrate 2 rehearsal techniques. |
| Emerging mastery (F) | I can perform the contemporary dance actions in a motif.  I know the basic dance actions and I can use at least one to develop the contemporary motif  I can demonstrate 1 rehearsal technique and apply it. |